SMOOTH

9.1 SERIES TREADMILL

OWNER'S MANUAL

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InternetFitness.com
Mt. Laurel, NJ

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Rev. 4/4/02

Important Safety Instructions

WARNING!
Read all instructions before use.

DANGER **- To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.**

WARNING - **To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 120-volt, 20-amp grounded outlet. DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET. A serious shock or fire hazard may result along with computer malfunctions. See Grounding Instructions, page 2.**

1. Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.

2. Do not block the rear of the treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the treadmill and any fixed object.

3. Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.

4. Keep hands away from all moving parts.

5. Never operate the treadmill if it has a damaged cord or plug. If it is not working properly, call your dealer.

6. Keep the cord away from heated surfaces.

7. Do not operate where aerosol spray products are being used or where oxygen is being administered.

8. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like.

9. Never drop or insert any object into any openings.

10. Do not use outdoors.

11. To disconnect, turn all controls to the off position, remove tether cord, then remove plug from outlet.

12. Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.

13. Use handrails provided; they are for your safety.

14. Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable to be used on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.

Remove tether cord after use to prevent unauthorized treadmill operation.
SAVE THESE INSTRUCTIONS - THINK SAFETY!

Important Electrical Information

WARNING!

1. **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill.

2. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

3. **NEVER** remove any cover without first disconnecting AC power.

4. If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. ***Such conditions are not covered under your warranty.*** If you suspect your voltage is low, contact your local power company or a licensed electrician for testing. See Diagnosis Guide, page 14.

5. **NEVER** expose this treadmill to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment.

Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in sketch A. A temporary adapter that looks like the adapter illustrated in sketches B and C may be used to connect this plug to a 2-pole receptacle as shown in sketch B if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (sketch A) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

Grounded Outlet

Adapter

Grounding Pin

Metal Screw

Tab for Grounding Screw

Grounded Outlet Box

A   **B**   **C**
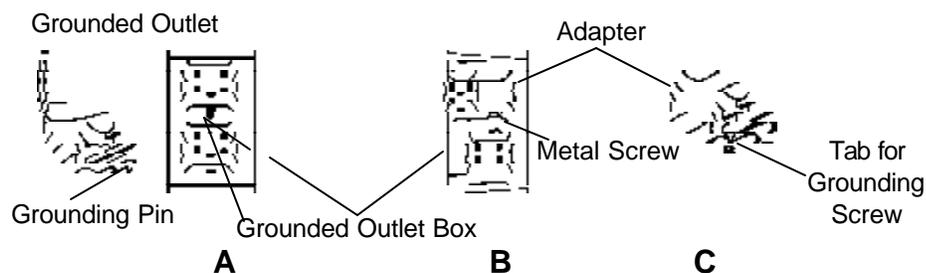
Treadmill Assembly

Attention!

The following instructions are included only as information so that you, the consumer, understand basically how the treadmill is assembled.

1: Remove treadmill from carton. You may pick the rear of the treadmill up and roll it off the packaging. Remove foam padding, wrap, etc. **Observe for possible freight damage.**

Note: You will need a phillips screw driver and 1/2" wrench to complete assembly.

2: This owners manual packet contains (2) Allen wrenches, (4) black plugs, (2) Allen bolts and (2) "gold" flanged washer/nuts. When practical, assembly hardware is mounted in appropriate locations that require removal and replacement. The computer head is loose. Set aside for step 6.

3: With Allen wrench (provided) unbolt the console uprights from base. The 5/16" x 1" Allen bolts and "gold" special nut/washers will be used in step 5.

4: Raise the console upright assembly and place upright console assembly into front grill area. Be careful of the two cables. A bottom and rear 3/8" pin will help locate into proper position to allow hardware installation. Locate the (2) 5/16" x 1" black Allen bolts and "gold" special 5/16" washer/nuts removed in step 4 and also the (2) sets in parts bag. Place one bolt on the end of the Allen wrench (provided) and insert thru any one of (4) round frame holes. Bolt should go thru console hole to allow "gold" 5/16" hex nut/washer to be started. Hand "run" the nut against the console so that it will not turn during tightening with Allen wrench. Do not tighten with Allen wrench until all (4) nut/bolt assemblies are inserted and started. Tighten all bolts. Nuts should "hold" without a wrench. If they do not hold use an open end wrench from the bottom. Insert the (4) black plugs into the access holes.

Note: For heavy use units it is advisable to use a wrench on the nuts and add additional torque to nut / bolt.

5: Handles will install thru access holes in console upright. Remove both 5/16" Allen bolts in each handle with included wrench that is located in parts bag. Slide handle (flair to outside) thru access holes in console upright. **Use caution to avoid data cables in left hand side console upright.** You may observe data cable clearance from top of open console upright. Start both bolts into hand rail thru console upright. Repeat procedure for opposite hand rail. **Tighten all bolts.**

6: Locate the upper computer head assembly. Place in approximate position and plug the (2) data cables into the back of computer board. A green (ground) wire will attach to a 1/4" spade lug (terminal) near the red stop switch. Remove the (2) black screws on rear of computer head. Align the front of the computer head (with slots) over the (2) screws attached to console upright / channel. Bring the head down to position at rear of upright channel. Secure the (4) black phillips head screws.

7. Place the treadmill in operating position. Make certain cables from upper computer do not come in contact with motor fan. Apply AC power. Start the unit and observe belt tracking. Unit must be reasonably level for proper tracking. Test treadmill basic operation. This includes noise, motor performance, etc.

8. Remove (2) black phillips head screws located on each side near console upright. Install motor hood and secure with both black phillips head screws.

Before using:

1. Follow the belt tracking instructions closely in order to ensure proper belt tension and path.

2. Walk on the belt at slow speeds under 2.5 mph for a few minutes in order to break in the belt/deck lubricant.

3. Make certain treadmill is electrically grounded.

Contact Smooth

Service   1-800-258-4555

Sales   1-800-TREADMILL
                 Sales@InternetFitness.com

Important Operation Instructions

NEVER operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.

UNDERSTAND that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.

NEVER use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components. Removing safety cord will protect the unit.

USE CAUTION while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.

NEVER mount or dismount the treadmill while the belt is moving. Smooth treadmills start with zero speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.

ALWAYS hold on to a handrail or grab bar while making control changes (incline, speed, etc.). Do not use excessive pressure on console control overlays. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact your Smooth dealer; adjustments can be made. All buttons should operate and control treadmill functions without excessive finger effort. Damage to overlay will result if excessive control pressure continues.

Safety Tether Cord

A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the treadbelt. Pulling this safety tether cord will stop treadbelt movement.
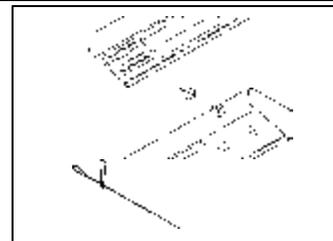
To Use:
1. Place magnet into position on the console control head. Your treadmill will not start or operate without this. Removing the magnet also secures the treadmill from unauthorized use.

2. Fasten the black plastic clip onto your clothing securely.

Note: The magnet has strong enough power to minimize accidental, unexpected stopping and the clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. Use the adjustment system to assure proper length of cord.

The treadmill will stop, depending on speed, with a two to three step coast anytime the magnet is pulled off the console. Use the red **[STOP/PAUSE]** switch in normal operation.

Control / Display Panel
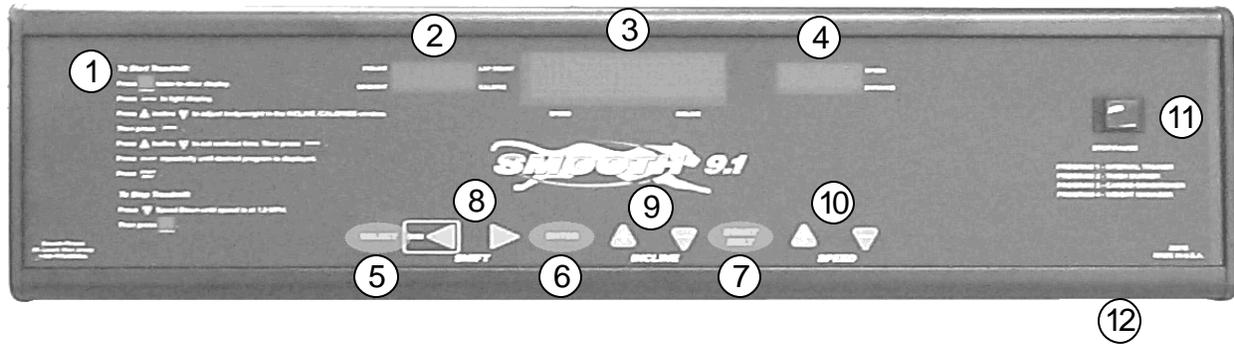
1. Quick Start Instructions.

2. Left hand display window. Displays Incline, Segment, Lap, or Calories depending on mode.

3. Center display window. Used to select or alter programs. In programmed operation, this display graphically illustrates the relative speed and incline for each segment of your workout. Also displays Heart Rate (HR model).

4. Right hand window. Displays Speed, Distance, Heart Rate (HR model) depending on mode.

5. **[SELECT]** Select button. Switches the display between display and program modes as appropriate.

6. **[ENTER]** Enter button. Used to enter information such as user weight, countdown timer, and program settings.

7. **[START BELT]** Start belt button.

8. **[SHIFT < >]** Shift left/right buttons. Used during programming to select the segment of the workout program. The **[SHIFT <]** (shift left) button also acts as **[DIM]**, to dim the display during a workout.

9. **[INCLINE + / -]** Incline increase/decrease buttons. Used during programming and normal use to adjust the incline of the treadmill.

10. **[SPEED + / -]** Speed increase/decrease buttons. Used during programming and normal use to adjust the speed of the treadmill.

11. **[STOP/PAUSE]** button. Press once to pause a workout; press again to stop and turn off the treadmill.

12. Safety Tether attachment

Basic Operation

DO NOT STAND ON THE WALKING BELT WHILE LEARNING TO OPERATE YOUR NEW TREADMILL!!

Optional setup for Calorie Computation and or Countdown Timer

1.   Start with the Display unlit. Press **[STOP/PAUSE]** twice if necessary.

2.   Press **[ENTER]**. The Incline/Segment/Lap/Calorie window will light, showing the current user weight.

3.   Press the **[INCLINE +/-]** arrows as necessary to change the displayed weight.

4.   Press **[ENTER]** to save the user weight.

5.   Press **[ENTER]** again. The Incline/Segment/Lap/Calorie window displays the Countdown Time.

6.   Press the **[INCLINE +/-]** arrows as necessary to adjust the Countdown Time in whole minute increments.

Notes: (1) The Countdown Timer is important in programmable operation. See Programmable section.

(2) Any time the treadmill counts down to automatic shut-off, you may press **[START BELT]** to repeat Time, Speed, & Program (if applicable). This will save your accumulated calories and distance.

Basic Manual Operation - Start / Speed & Incline / Stop:

1.   Press and release **[START BELT]** to wake up computer. Display will light.

2.   Press and hold **[SPEED +]** or **[SPEED -]** to set the desired speed.

3.   Press and hold **[INCLINE +]** or **[INCLINE -]** to set the desired incline.

4.   Press **[START BELT]** to begin belt motion.

5.   Speed and Incline may be adjusted while walking/running by pressing using **[SPEED +/-]** and **[INCLINE +/-]** buttons.

6.   To stop the Treadmill, press **[STOP/PAUSE]**.

Operating Features

Pause Feature:
Workouts may be paused at any time, during either manual or program operation. During a pause, Time and Distance will be held. Speed and Incline may be adjusted while paused.
1. Press **[STOP/PAUSE]**. The treadbelt slowly decelerates to zero mph.
2. Press **[START BELT]** to resume workout at previous settings.

Pace Feature:
Your pace is the amount of time that it will take to walk or jog a mile.   When selected, your pace in minutes and seconds will display in left hand window and adjust up or down as speed is changed.
1. While treadbelt is moving, press **[SELECT]** until the word PACE appears in the left hand window. In a few seconds, your pace is computed and displayed in the left hand window.

Incline Feature:
The Incline may be adjusted anytime the display is lit. A small "dot" (light) will flash as incline motor is raising / lowering treadmill. This is a diagnostic device indicating the upper display is receiving an input signal from lower electronics.
1. Press and hold the **[INCLINE +/-]** the keys to achieve desired level of effort.

Panel Dim Feature:
The Panel Dim feature is available when the belt is moving and will blank out the display. After belt movement, pressing **[PANEL DIM]** will blank out the display. Pressing any other key while dimmed will "wake" the display back up for a few seconds.
1. Press **[PANEL DIM]** to blank out the display. Press again to cancel.

Track Feature:
The center display window can display your progress on a simulated 1/4 mile track, using a blinking dot on the track to show your location. The left hand window will display the number of laps.
1. Before belt movement, press **[SELECT]** until a large oval is displayed in the center window.
2. Press **[START BELT]** to begin.

Operating Features - continued

Odometer / Hour Meter:

When the tether cord is initially placed in operational position the dot matrix window will display **HOUR** and other windows will indicate total **time** (hour) of treadmill use. This data will stay on a few seconds and change to an **odometer**. Display will then blank out.

The left hand window indicates upper computer software version. This is a service issue to refer to computer software design.

To Turn Treadmill Off:

Two methods accomplish this:

~   Press and release red **Stop/Pause** switch twice (once after Pause mode). Display will blank out and treadmill will slow to a stop.

~   Pull tether cord. Use tether cord only in a panic situation or to secure the treadmill.

Program Descriptions

Speed and Incline Programs

All Smooth Programmable treadmills are equipped with eight different programs to add variety to your workout. Each program is evenly divided into 10 equal segments. The workout computer will automatically divide any selected workout time by 10 to give you equal segment lengths. We provide you with four different program examples, from which you can develop and program your own workouts in the computer's memory. All Factory Defined programs come pre-packaged with warm up and cool down periods at the beginning and end of each program to help you exercise properly.

Factory Defined Exercise Programs

Programs P1 through P4 are generalized programs that are provided as simple examples of workouts and the results that may occur as a result of these workouts. *Consult your physician before beginning any exercise program and do not exceed their guidelines.*

NOTE: Factory Defined selections are characterized by programs that are pre-determined by our team of exercise experts. You may change these programs, but any changes will be erased and set back to their original program when the treadmill is turned off.

Definition of the Factory Defined Programs

P1 - Interval Trainer - This program is designed to increase your endurance and build your lung power through periods of work load and rest. This is an extremely popular form of training for athletes that experience periods of work load and rest during performance.

P2 - Thigh Burner - This program is designed to gradually increase the work load using incline while maintaining a somewhat constant speed. This hill profile is designed to burn away fat in the thigh area by concentrating the intense workout on the thighs.

P3 - Cardio Conditioner - For the majority of people, work loads indicated in this program are similar to those experienced while using Heart Rate Control. Through this process, the cardiovascular system is strengthened.

P4 - Weight Manager - By using varying work loads, this program creates interest and helps you stick with your workout. Through this process, it gives you the opportunity to improve your fitness while gradually replacing fat with muscle.

Programmable Operation

Program Incline	Speed Segment Display	Incline Segment Display	Program Speed
	Program Number		
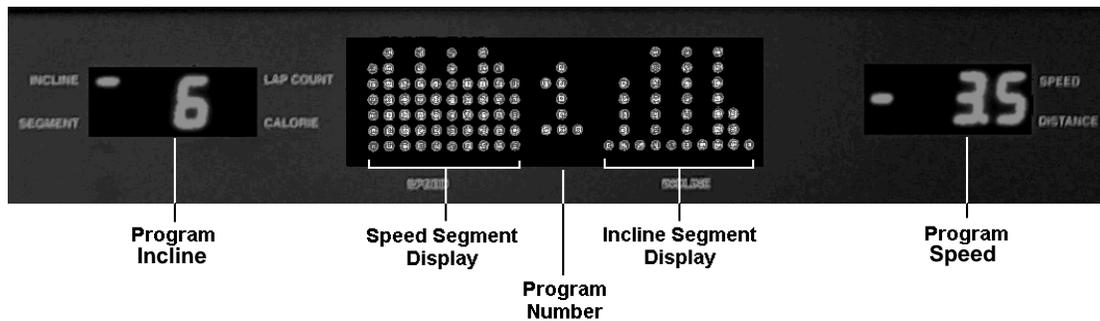
Note: Refer to instructions on countdown elapsed time feature. All programs have the workout preset at 20 minutes. You may change to another (10 minutes is minimum) if desired by following instructions pertaining to countdown time. This must be done before belt movement is begun.

To Select a Program:

1. Begin with the treadbelt stopped. Press and release the **[START BELT]** key to light the display.

2. Press **[SELECT]** as many times as necessary to toggle the display to the desired program.

   For each program, the left and right windows will display the maximum overall speed and incline. The center window will give a graphical representation of the workout in 10 equally timed segments, using vertical bars to indicate the **relative** speed and incline during each segment of the workout. The height of these bars indicates the speed and incline **relative** to the maximum shown in the other two windows.

3. (Optional) Once a program is selected, you may use the **[SPEED +/-]** arrows to choose 5 different effort levels. Speed and Incline segments will change accordingly, and the maximum speed and incline for each level will be displayed on the outer windows.

4. Press **[START BELT]** to begin your workout.

Note: The segment time will always be 1/10th of the overall session time set by the countdown timer. Within 5 seconds of the end of a segment run, **Incline** and **Speed** displays will flash and a chime will alert you to the change.

To Review / Change a Program:

1. Begin with the treadbelt stopped. If necessary, press and release the **[START BELT]** key to light the display.

2. Press **[SELECT]** as many times as necessary to toggle the display to the desired program.

   Note: You may choose to edit either the pre-programmed workouts (first in the displayed series) or the user-defined workouts (second in the displayed series), but only changes to the user-defined workouts will be saved after the unit is turned off.

3. Use the **[SPEED +/-]** and **[INCLINE +/-]** keys to adjust the speed and incline of the first workout segment.

4. Press the **[SHIFT >]** (shift right) key to advance to the next segment. As each segment is selected, a blinking light will indicate the segment being edited.

5. Repeat steps 3 & 4 above until all 10 segments are programmed.

6. Press **[START BELT]** to begin your workout and save the program.

NOTE: During your workout, you may adjust the speed and incline at any time. Any changes made while the belt is moving will not be saved with the program.

To Erase a User Defined Program:

1. Press **[SELECT]** as many times as necessary to toggle the display to the program to be deleted.

2. Press and hold both **[SHIFT]** keys at the same time for 3 seconds. The program will be cleared.

The old motto, "no pain, no gain", is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. Many people find their exercise much more enjoyable and effective by maintaining their heart rate in the desired benefit range through the use of Heart Rate Control.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 - User's Age = Maximum Heart Rate. After calculating your Maximum Heart Rate, you can decide upon which goal you would like to pursue. The two most popular reasons for, or goals of exercise, are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the

TARGET HEART RATE TRAINING CHART

Maximum Heart Rate

Heart Rate (Beats per Minute)
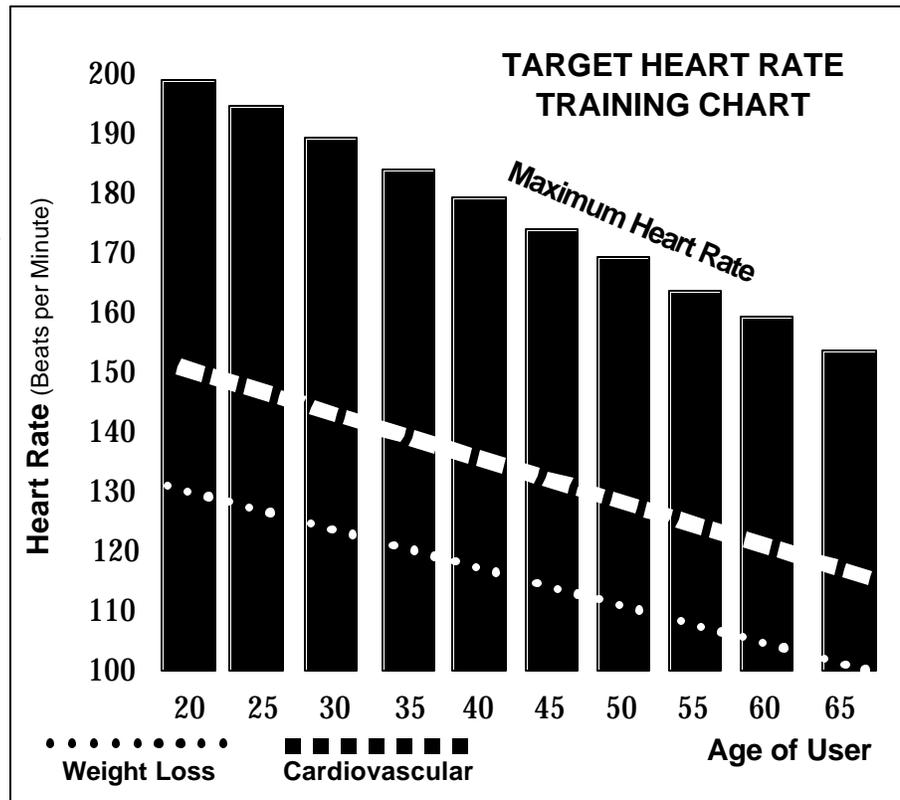
Age of User

Weight Loss   Cardiovascular

chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate for either cardiovascular fitness or weight loss is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 75% or 65%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Heart Rate Control treadmills, you may use the heart rate monitor feature without using the Heart Rate Control program. This function can be used during manual mode or during any of the eight different programs. The Heart Rate Control program automatically controls incline and overrides manual adjustment of incline grade.

Note: Refer to Heart Rate Control Operation for computer calculated target heart rate.

Using a Heart Rate Transmitter (HR Models)

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.

2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.

3. Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.

4. Position the transmitter immediately below the pectoral muscles.

5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 black rectangular areas on the reverse side of the belt and either side of transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't effect performance.

6. Your workout must be within range - distance between transmitter/receiver - to achieve a strong steady signal (as noted by flashing light). The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable "flashes" (pulses).

Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). Use Panasonic no. CR2032 / 3 volt for replacement battery.

Heart Rate Control *(HR model only)*

WARNING!
DO NOT USE THE HEART RATE CONTROL PROGRAM IF YOUR HEART RATE IS
NOT REGISTERING PROPERLY ON THE TREADMILL'S DISPLAY!

Special Operations of Heart Rate Functions:

All Smooth treadmills that are factory equipped with a Heart Rate Control system have many distinct features both in the Heart Rate Control program and during heart rate monitoring. This section will give you a more detailed background to use your treadmill in the most effective manner.

How the Heart Rate Control Program Works:

Heart Rate Control uses your treadmill's incline system to adjust your heart rate. Increases and decreases in elevation affect heart rate much more efficiently than changes in speed. Additionally, changes in incline keep you in control of the machine's speed instead of the machine controlling you.

Note: Once you begin the Heart Rate Control mode by pressing the **[START BELT]** key, you **cannot** make incline adjustments by pressing the **[INCLINE +/-]** keys. The computer makes all incline adjustments for you.

Selecting a Heart Rate Control Program:

You have the option, during the setup mode, to choose either the Weight Control program or the Cardiovascular program. Weight Control attempts to maintain your heart rate at 65% of your Maximum Heart Rate. Cardiovascular attempts to maintain your heart rate at 75% of your Maximum Heart Rate. Your Maximum Heart Rate is based upon a formula that subtracts your age from 220. Your age input is performed during the setup mode. *See Heart Rate Control Operation.*

Note: If you change your Target Heart Rate during your workout, the new percentage of your Maximum Heart Rate will appear in the Incline window on the display.

Heart Rate Control Countdown:

To use the Heart Rate Control countdown feature, you **must** enter time during the initial start up phase. See *Countdown Elapsed Time.* If time is not entered, the clock will count from 0:00 up once the **[START BELT]** key is pressed. If time is entered, the clock will begin once you have reached your Target Heart Rate. By delaying the beginning of the clock operation until you are in your Target Heart Rate range, you will know exactly how much time you have spent in the range. Therefore, you will be able to accurately measure your heart rate workout. Consult with your physician concerning the amount of time that you should exercise using Heart Rate Control.

Technical Specifications of Heart Rate Control:

The protocol for the Heart Rate Control program is:

Range of Actual Heart Rate	Change in Incline	Time Between Changes
11 to 20 Beats Below Target	Increase by 1%	15 Seconds
6 to 10 Beats Below Target	Increase by 1%	30 Seconds
3 to 5 Beats Below Target	Increase by .5%	30 Seconds
2 Beats + Target Heart Rate	No Change	Not Applicable
3+ Beats Above Target	Decrease by 1%	15 Seconds

Note: Your Actual Heart Rate must be within 20 beats of the Target Heart Rate before the machine will begin to control the incline.

If the machine reaches the maximum incline setting and your heart rate has not reached the Target Heart Rate, the treadmill will prompt you to increase your speed using an audible tone and flashing light bar on the display. If the machine declines to 0% and your heart rate continues to exceed the Target Heart Rate, the treadmill will prompt you to decrease your speed.

Note: Do not increase your speed if you do not feel comfortable. Use the DOWN▼ key to decrease your Target Heart Rate.

Erratic Operation:

Caution! **Do not use this treadmill for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.**

If the treadmill is unable to receive a signal from the transmitter or if it detects an error, the center dot matrix window will display "0" (no flashing heart) and the treadmill's incline will reset to 0%.

A small computer light (dot) on the right hand display window will indicate a signal is being received.

Note: This light should flash in exact rhythm of your heart beat (pulse). A steady or erratic light indicates interference from an outside source.

Areas to look for on interference:
(1) Treadmill not properly grounded - **A must!**
(2) Microwave ovens, T.V.'s, small appliances, etc.
(3) Fluorescent lights.
(4) Some household security systems.
(5) Perimeter fence for a pet.

Heart Rate Control Operation

Note: Enter a countdown elapsed time if desired.

1: Press and release the **[START BELT]** key.

2: Press and release the **[SELECT]** key. The first program to be displayed is Heart Rate Control, HRC. **HRC** will be displayed in the right hand window. **15** will be displayed in the left hand (incline) window.

3: With the **[INCLINE +/-]** keys adjust to desired maximum incline that the unit will achieve in HRC. Few people use 15%. 10% is more common. Press **[ENTER]**.

4. Optional Target Heart Rate calculation. To skip, resume with step 5.

Press the **[ENTER]** key. **AG45** (for example) will be displayed in the left hand window. Use the **[INCLINE +/-]** keys to enter your age. Use the **[SHIFT]** keys to select **cardiovascular** or **weight control**, as indicated by arrows in the center window. The recommended target heart rate will be displayed in the right hand window. The percent of target from maximum heart rate is displayed in the center window. It will change as target is adjusted.

5: You may adjust target Heart Rate (from recommended) with the **[INCLINE +/-]** keys. Press **[ENTER].**

6: Adjust speed to desired level, **[SPEED +/-]** keys.

7: Press **[START BELT]** to begin belt movement.

Note: Remember you have no control of incline. The **[INCLINE +/-]** keys adjust target heart rate - not incline. You may adjust target anytime during the workout.

Heart Rate Monitor (Only)

The display will automatically show a heart rate value when receiving a wireless signal (chest strap or pulse grip).

If the large center dot matrix display is not being used (track / programs), the heart rate will be shown in it (with flashing heart). If the center display is used, the Speed / Distance window will scan with the actual heart rate value.

Note: Pulse Grip option is considered a monitor **only**.

General Maintenance

Belt and Bed - Your treadmill uses a very high-efficient low-friction bed. Performance is maximized when the bed is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. Use water only - no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. **Allow to dry before using.**

Belt Dust - This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup.

General Cleaning - Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis, vacuum underneath your treadmill to prevent buildup. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. UNPLUG POWER CORD BEFORE THIS TASK.

BELT ADJUSTMENTS:

Treadbelt Tension Adjustment - Belt tension is not critical for most users. It is very important for joggers and runners in order to provide a smooth, steady running surface.

Adjustment must be made from the right side of the rear roller in order to adjust tension with the 1/4" allen wrench provided in the parts package. The adjustment bolt is located at the end of the right side rail as noted in diagram below.

Tracking Adjustment Side Only

Belt Tension Adjustment Side Only
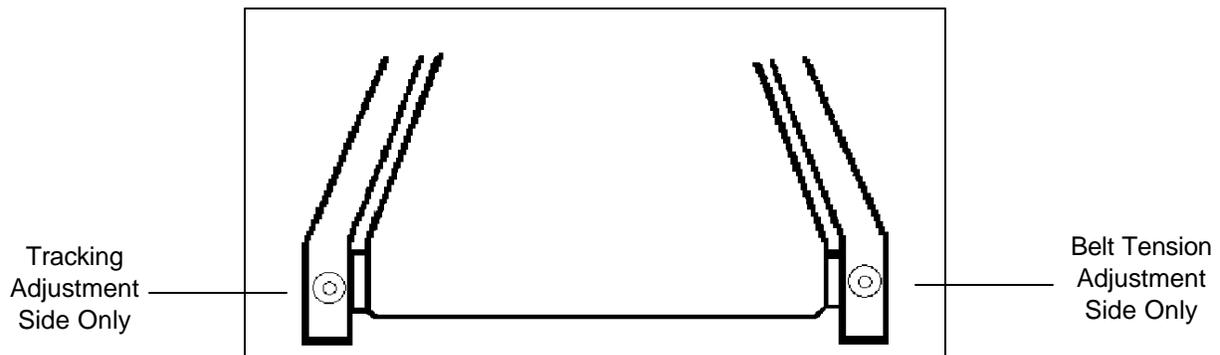
Tighten the rear roller only enough to prevent slippage at the front roller. Turn the treadbelt tension adjusting bolt in increments of 1/4 turn and inspect for proper tension. **When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension.** This is accomplished by turning both the tension and tracking allen bolts an equal amount. This adjustment should be made by turning both bolts clockwise by no more than a 1/4 turn at a time.

DO NOT OVERTIGHTEN - Overtightening will cause belt damage and premature bearing failure.

TREADBELT TRACKING ADJUSTMENT:

The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

The treadmill is designed to keep the treadbelt reasonably centered while in use. It is normal for some belts to vary near a side while the belt is running with no one on it. After a few minutes of use, the treadbelt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

TO SET TREADBELT TRACKING:

A 1/4" allen wrench is provided to adjust the rear roller. Make tracking adjustments from the **left** side only. Set belt speed at approximately 2 to 3 mph. A small adjustment can make a dramatic difference. Turn the bolt only a 1/4 turn and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.

The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users will affect tracking differently. Expect to make adjustments as required to center the treadbelt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

CAUTION - KEEP HANDS CLEAR OF MOVING REAR PULLEY!
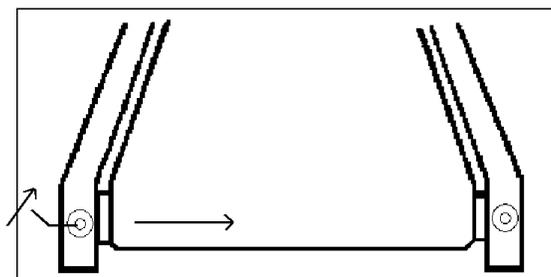
Belt will move in direction of allen wrench.

ATTENTION:
DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE SMOOTH WARRANTY.

LUBRICATION:

Do not relube with other than Smooth lubricant. See your Smooth dealer for purchase. The use of some other lubricants may destroy the deck surface or belt and will void warranty. If the treadmill belt/deck is kept reasonably clean it should be lubricated every 6 months or every 1000 hours of use.

Service Checklist - Diagnosis Guide

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

PROBLEM	SOLUTION/CAUSE
Display does not light	Tether cord not in position.
	Circuit breaker on front grill tripped. Push circuit breaker in until it locks.
	Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet.
	Household circuit breaker may be tripped.
	Treadmill defect. Contact your Smooth dealer.
Treadbelt does not stay centered	See General Maintenance section under Belt Tracking.
	A user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement.
Treadmill belt hesitates when walked/run on	See Maintenance section on Treadbelt Tension. Adjust as necessary.
Motor is not responsive / Display is lit	Make certain clock is running. This indicates motor should be receiving power to operate. Contact your Smooth dealer.
	Possible treadmill defect. Contact your Smooth dealer. Diagnostics will indicate if warrantable.
Motor "surges", speed fluctuates	Lower electronics require adjustment. Contact your Smooth dealer.
Treadmill will only achieve approximately 7 mph but shows higher speed on display	Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 16 gauge minimum.
	Low household voltage. Contact an electrician or your Smooth dealer. A minimum of 110 volt AC current is required.
Treadbelt stops quickly/ suddenly when tether cord is pulled	High belt/deck friction. See General Maintenance section on lubrication.
Treadmill trips on board 10 amp circuit breaker when running/walking	High belt/deck friction. See General Maintenance section on lubrication.
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill is not grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions on page 2.

CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT.

This Limited Warranty applies in the United States to products manufactured or distributed by Smooth Fitness ("Smooth") under the SMOOTH brand name. The warranty period to the original purchaser is (lifetime) on the frame, (5) years on the motor, belt, deck and rollers, (3) years on electronics, and (1) year labor. This warranty does not cover wear and tear, only manufacturer defects for the periods specified.

Smooth warrants that the Product you have purchased for non-commercial, personal, family or household use from Smooth or from an authorized Smooth reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product is your proof of the date of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts.

During the warranty period Smooth will at no additional charge, repair or replace (at Smooth's option) the part or product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal non-commercial, personal, family or household use. In repairing the Product, Smooth may replace defective parts, or at the option of Smooth, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Smooth. Smooth reserves the right to change manufacturers of any part to cover any existing warranty.

To obtain warranty service, you must contact a Smooth authorized service technician or Smooth Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Smooth to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Smooth with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Smooth or from an authorized Smooth reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective: (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Smooth; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Smooth, or an authorized Smooth warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product be submitted for warranty service be found ineligible therefore, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Smooth's receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, SMOOTH MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. SMOOTH EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER SMOOTH NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Smooth-branded products. Smooth neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR TREADMILL WITH SMOOTH FITNESS PRODUCTS. MADE IN THE USA. **Thank you for your business!**
PLEASE MAIL WARRANTY CARD TO: SMOOTH FITNESS, 717 FELLOWSHIP RD., SUITE C, MT. LAUREL, NJ 08054

SMOOTH TREADMILL WARRANTY REGISTRATION

_____
TELEPHONE

_____
FIRST　　　　　　　M.I.　　　　　　LAST

_____
ADDRESS　　　　　　　　　　　　　　　APT. NO.

_____
CITY　　　　　　　STATE　　　　　ZIP

_____ / _____ / _____　　_____　　_____
DATE OF PURCHASE　　　MODEL NO.　　　　SERIAL NO.

Name of store or company where purchased:

How do you plan to use the treadmill?
Walk____ Run____ Both____

Who will use the treadmill?
Male____ Female____ Both____
How many family members?_____

AGE:　15-24_____　25-34_____
　　　35-44_____　45-54_____
　　　55-64_____　65 + _____

Where did you learn about treadmills?
TV____ Radio____ Friend____
In Store Display____
Salesperson____
Print ad/flyer____ Internet____

Why did you purchase a treadmill?
Dr.'s Orders____
Lose Weight____
In-home convenience____
Improve Cardiovascular Fitnesss____
Safety from outdoors____
Other_____

How import are each feature?					
	Least				Most
Unique Features	☐	☐	☐	☐	☐
Horsepower	☐	☐	☐	☐	☐
Warranty	☐	☐	☐	☐	☐
Price	☐	☐	☐	☐	☐
Look/Design	☐	☐	☐	☐	☐
Folding Feature	☐	☐	☐	☐	☐

Other Comments:
_____
_____
_____
_____
_____

Smooth Fitness respects the rights of your privacy. Our company will not sell or distribute to others the information above. This information is used to track our product quality and to contact you in the event of a product safety concern. It may be used to offer you future product offerings only from Smooth. Please check here if you wish not to receive any additional information on Smooth products ☐